



## Caregiver Activity



### Activity #4: Setting Limits for Children

#### Materials Needed:

Flipchart or board  
Marker or chalk  
Group Rules

#### Introduction/Ice Breaker

Welcome everyone to the group. Explain the purpose of today's group meeting. Have everyone say their name and how many children they have and their ages. Go over the group rules.

#### Facilitated Discussion Questions

1. What do you think it means to set limits for children in relation to feeding?
2. Why is it necessary to set limits?
3. How do you set some limits?
4. What are some things that you should set limits on?
5. What are some things that you should not set limits on?
6. How should you handle children that don't want to listen to the rules you have made?

